

July

NEWSLETTER

2006

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

- Arts & Crafts
- Cultural Programs
- Daily Lunch
- Educational
- Exercise
- Health Services
- Information &
Referral
- Recreation
- Socialization
- Transportation
- Travel
- Volunteer
Opportunities

Open Monday
through Friday
8:00-4:30

Congratulations Heritage Center Volunteers

Last month 84 volunteers were honored at a “Beach Party” held in the backyard at the Center. Volunteers who worked on a regular basis or who donated more than 30 hours during the past year were honored. This was the 25th annual banquet and a special “*Thank You*” goes out to all of the wonderful volunteers!

July 2005 - June 2006 Volunteer Awards

20 Years of Service - *Frankie Arata & Hilda Harney*

15 Years of Service - *Ruth Morris*

10 Years of Service - *Nita Schultz & Lucy Tibolla*

5 Years of Service - *Rick Battison, Bob Erickson, Leola Fritch, Gordan Gutke,
Jo Harris, Bill Horrocks, Louise Jensen*

2,000 Hours of Service - *Lucylle Jones*

1,000 Hours of Service - *Robert Herman & Lucy Zumbrunnen*

If you would like to share your time and talent, please see any staff member for information on volunteer opportunities.

INSIDE THIS ISSUE

Advertising Rates	pg. 2	Health Services	pg. 4-5
Calendar	pg. 8-9	Menu - noon meal	pg. 16
Classes	pg. 10	Recreational Activities	pg. 6-7
Computer Classes & Lab	pg. 3	Services	pg. 13
Exercise Classes	pg. 11	Staff	pg. 2
Gifts & Memorials	pg. 13	Volunteers.....	pg. 14
Golf Tournaments	pg. 7	Trips	pg. 12

INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

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Personal notices are charged the rate of 50¢ per line per issue.

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Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. Donations are appreciated to cover the cost of printing. The Heritage Center is funded and operated by Murray City.

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DANIEL C. SNARR

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Public Services Director

DOUG HILL

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ROBERT D. ROBERTSON, DISTRICT #2

JIM BRASS, DISTRICT #3

PATRICIA GRIFFITHS, DISTRICT #4

KRISTA DUNN, DISTRICT #5

G G G

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Program Coordinator

GEORGE FENSTERMACHER

Program Coordinator

DAVEEN HAWS

Secretary

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RECEPTIONIST

MARY HALL

Ceramic Instructor

CINDY MANGONE

Meals Supervisor

JOZEFINA DUVNJAK

Meals Assistant

LOLA STRELOW

CUSTODIAN

DAVE LINDORFF

Vehicle Driver

LOWELL HART

Building Attendant

SHIRLEY FLOYD

G G G

Heritage Advisory Board

RICK BATTISON, WAYNE BICKLEY,

GENEVA HARRIS, MEEDA SMITH,

NITA SCHULTZ, RON WATTS,

BARBARA WOOLSEY, LEDA WRIGHT

LUCY ZUMBRUNNEN

Appointments Requested

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available in the computer room and is available anytime classes are not in session. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. Debit cards are also accepted. □

COMPUTERS...COMPUTERS...COMPUTERS...

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.



Computers are available during open lab time when classes are not scheduled. There is no charge to use the computers during open lab time.

Classes are limited to 6 and each class is 1.5 hours per day.

Instructor Sam Wyness will be back in August to teach classes. A Basic I class is scheduled to begin on August 14. Sign the interest sheet on any of the other classes listed below and you will receive a call when the class has been scheduled.

Available Classes: Basic I, II, Basic Email, Basic Internet, Genealogy, Excel, Word, Keyboarding, Greeting Cards, Scanners, Music. If you have another interest, let us know.

Basic Computer I

This class is designed for the beginner in mind. Learn terms, basic information, how to work in windows, and basic word processing. Class is 6 session, 1.5 hours per session and the cost is \$30. **Monday, Tuesday, Thursday, August 14, 15, 17, 21, 22, 24 at 10:30.**

Computer Lab

The Computer Lab is for anyone

who would like to surf the web, practice what they've learned in class or those who just need access to a computer.

The lab is open **Monday through Friday** from **9:30-11:30** or any afternoon when classes aren't being held.

Volunteers are on hand on Wednesday (Glen) & Friday (Gordan).

Internet access is available.

Ebay Items Needed

The Center has been making money from donations of items that are then sold on ebay. Last month we sold a Disneyland cookie jar, a phone book from the 1950's, and some depression glass.

If you would like to donate a unique item, see Susan or Gordan Gutke.

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, July 12 at 1:30**. Thank you Tom Manak, HUGS volunteer, for arranging the great speakers.



The group meets every month on the second Wednesday of the month at 1:30 p.m for a presentation, door prize and swapping information. The cost to join the club is \$10 per year. □

MISC...MISC...MISC...MISC

Fall Boutique

The Center will be having a craft boutique in October. A committee of volunteers is needed to help organize, advertise, and run the Boutique. The Boutique will be a fundraiser for the Center, and a chance for individual vendors to sell their homemade crafts. See Daveen or George if you're interested in volunteering.

The Center is also looking for vendors to participate in the boutique. If you are a crafty person and would be interested in selling your items, applications and guidelines are available at the front desk. The cost is \$25. All proceeds from your sales the day of the boutique will be yours to keep. There are a limited number of tables, sellers will be accepted on a first come first serve basis. Turn your application in today, and start preparing your crafts. □

Monday, July 3 - 1:00 - Free Class

Mental Aerobics

Are you stuck in a rut? Are you a creature of habit? Mental Aerobics is a new class at **1:00 on Monday, July 3**. Class is designed to open your mind to new ideas and new approaches. Instead of saying I can't do this, this class will help you wonder what you can learn from a new encounter or a situation. By exercising the mind we keep neuropsych pathways active, reduce the chances of dementia and Alzheimer's, reduce aging of the brain, and improve memory! □



HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



July's Clinics

Mental Aerobics

Monday July 3 @ 1:00

Toenail Clipping

Thursday August 3 @ 9-10:00

Bone Density

Thursday July 6 from 9-11

Pulmonary Screening

Wednesday July 12 @ 10-11

Skin Cancer Screening

Thursday August 10 @ 10-12

New \$5 fee starts August 3

Toenail Clipping

Thursday, Aug 3 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care will be coming every other month from 9-10:00. The fee is \$5 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

Chronic Obstructive Pulmonary Disease Testing Wednesday, July 12 - 10:00

A representative from Cottonwood Hospital's respiratory department will be here to conduct Pulmonary Function Testing on Wednesday, July 12 at 10:00. Appointment are required, and can be made at the front desk starting June 28. This testing is free of charge and takes only a minute of your time.

Chronic Obstructive Pulmonary Disease or COPD is a catchall phrase for any combination of diseases that affect the respiratory system (wind-pipe, lungs, and bronchial tubes). It may include asthma, bronchitis, emphysema, bronchiectasis, and other more rare diseases that obstruct the airways and interfere with breathing.

The heart and the lungs work together to exchange gases between the blood stream and the air we breathe in and out. The harder your body muscles work, the faster your heart beats and the harder and faster you breathe. You breath out warm air that's high in carbon dioxide and water, and breathe in cool air that is rich in oxygen.

With COPD your lungs are too slow in the exchange of oxygen between the air you breathe in and out and the blood your heart pumps. COPD lungs will not dispose of carbon dioxide efficiently either. You feel short of breath, gasping for air, coughing and perspiring profusely. Your heart beats faster and harder than ever before still not meeting the demands of your body.

While there is no real cure for COPD, but the diseases progress can be slowed and its effects reversed. Here is a list of possible treatments.

Environmental Changes: Exposure to dust, chemicals, air pollution, second-hand smoke in your work place may warrant a job change.

Medications: Doctors will usually prescribe bronchodilator. Antibiotics may be prescribed to treat acute infections. Finally a corticosteroid may be given to reduce airway inflammation.

Supplemental Oxygen: If your lungs are not oxygenating blood effectively, oxygen therapy can improve quality of life, help to relieve heart failure, and improve mental function.

Lung Transplant or Heart-Lung Transplant: This is a last effort treatment for the more severe cases of emphysema. □

Massage Therapy Fridays 12:15-4:00

Massage Therapy continues on **Fridays from 12:15-4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund. Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. □

Skin Cancer Screening - Thurs., Aug. 10 at 10

Dr. Rolfe Horsley from IHC will be here on **Thursday August 10 at 10:00** to do skin cancer screenings. Appointments are required, and can be made starting July 27. This is a free screening.

At the current rate, one out of every 105 Americans born in 1991 will develop malignant melanoma during his or her lifetime. In contrast, the estimate in 1935 was only one in 1,500. This rate of increase is greater than that of any other cancer. Most skin cancers are highly curable. They are more common among women with lightly pigmented skin. Other factors that increase an individual's risk for melanoma include blue, green, or gray eyes; blond or red hair; light complexion, freckles, sun sensitivity, and an inability to tan. Other risk factors include family history of melanoma, a personal history of non melanoma skin cancer or pre cancer.

Warning characteristics can be easily remembered by the mnemonic ABCD. A=Asymmetry. The shape of early malignant melanoma is often asymmetric. B=Border irregularity. The borders are often irregular in early malignant melanomas. C=Color variegation. Malignant melanomas are usually tan and brown to black, sometimes intermingled with red and white. D=Diameter generally greater than six millimeters. The diameters of malignant melanomas are often six mm or larger when first identified. □

Thursday, July 13 & 27

Manicures (by appointment)

Karla Tall, a licensed and experienced nail technician, will be sharing her time and skills at the Center on the 2nd and 4th Thursdays each month. Appointments last about 40 minutes and will begin at 9:00 am. Cost for this service is \$10 and includes nail shaping, cuticle care, moisturizing, polish (if you wish), and great conversation.

Treat yourself to this health service. Register at the front desk for the date and time you wish. Gents are encouraged to avail themselves of this opportunity, as Karla also does **Men-icures**. □

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

News Behind the 8Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. □

Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. Winners from May were: *Grace Slinger 590, Grace Slinger 612, Gus Royal 556, Grace Slinger 594, Ted Burbank 607.* □

Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of bridge play guidelines are posted on the bulletin board. High Scores for May: **Wednesday**-*Hal Lemke 90, Carol Meyers 84, Carol Meyers 76, Sheron 83, Boyd Larsen 86.* **Friday** *Ann Montague 91, Ruth Morris 84, Ruth Morris 73, Hal Lemke 85.* □

Canasta Games - Tuesdays 11:00 - 2:30

Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. □

Line Dancing

Tuesdays-10:15 & 2:00

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □ □

Square Dancing

Thursdays 1:00-2:30

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

Red Hatters - 2 days!

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thurs at 12:45** to play Hand & Foot. The next meetings are on Thurs., July 6 & July 20. For additional information contact George at 284-4240.

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Golf Season Continues

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Those players who have not participated in this league in the past, but may wish to participate this season, should contact George Fenstermacher at 284-4240 for a basic orientation. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$5 is to be paid when registering for the first tournament played.

6/26 Wasatch (\$38) - 7:30
7/17 Valley View (\$33) - 7:30
7/31 Riverbend (\$35) - 8:30
8/14 Round Valley (\$39) - 8
8/28 Bountiful Rdge (\$38)-8
9/11 Tona Vista (\$35) - 9
9/25 Murray (\$33) - 8:30
10/2 Mdwbrook(\$33)- 8:30

Summer Afternoon's on the Patio Series

The Center's patio parties continue on Tuesday, July 18 at 11:30 with lunch and entertainment. Come and enjoy all the patio has to offer, the calming water fountain, the beautiful landscaping, and the new shade cover.

Enjoy a barbecue beef sandwich and the exciting Greek music of Chris Dokos. If you have attended Salt Lake City's Greek Festival at the Holy Trinity Church, you may have heard Chris Dokos and his band play. The Center also had the pleasure of having Chris Dokos play at the Center's own 2004 Greek Festival. Come and enjoy some great entertainment.

Pre registration is required, and the cost is \$5. Make sure to bring a friend, and enjoy summer on the patio. □

Monday, July 10

Family Concert - Aloha!

The family concert last month was a lot of fun with the Midlife Crisis band providing some foot stomping music from the 70's.

Don't miss out on the free family concert for July. Bring your children and grandchildren on **Monday, July 10** and come dressed in your favorite Hawaiian attire and enjoy the music and dance of **Polynesia South Pacific**. The free concert is sponsored by the Murray Park's & Recreation Department (*Thank you!*)

Dinner will be available for purchase from 5:30-6:45 if you'd like to come early and eat. The cost for dinner is \$4 for advance tickets or \$5 at the door.

Folding chairs are provided or you can bring blankets or lawn chairs. One more family concert will be held on **Monday, August 14** at 7:00 p.m. with the Slickrock Gypsies and Roots of American Music. □

Tuesdays at 12:30

Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives.

On July 11 and 18 the craft group will be revisiting the art of Quilling. Quilling is a form of artwork known as paper filigree or paper rollwork. The techniques are based on geometric and decorative patterns from Georgian and Victorian times.

If you are new to quilling, the cost of the class will be \$8, and will include a tool, paper, glue, and instruction. If you are not new to quilling, and have your own tool, but would like to participate in this class, the cost is \$4 for the paper supplies needed for the project. □

MONDAY

TUESDAY

July
2006

Heritage Center Events

Heritage Center
#10 E. 6150 S.
(west of State Street)
264-2635

we are here to serve you
Monday-Friday
8:00-4:30

8:30 Ceramics
8:30 Pottery Lab
9:00 NIA Cancelled for
floor resurfacing
12:00 Lunch
1:00 Mental Aerobics

3

Center Closed

8:30 Ceramics
8:30 Pottery Lab
9:00 NIA
12:00 No Lunch Today

6:00 Patio Dinner
7:00 Polynesia South Pacific
Entertainment

10

8:30 Ceramics
8:30 Wendover Trip
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
11:00 Canasta
12:00 Lunch
12:30 Crafts
12:30 Safe Driver Class
2:00 Strength Conditioning
2:00 Beginners Line Dance

11

7:30 Golf - Valley View
8:30 Ceramics
8:30 Pottery Lab
9:00 NIA
12:00 Lunch



17

8:30 Ceramics
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
11:00 Canasta
11:30 Patio Party/Lunch
Music of Chris Dokos
12:00 Lunch
12:30 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

18

24th of July
Holiday

Center
Closed

24

8:30 Ceramics
9:00 Aerobics
9:30 Watercolor Lab
9:30 Sundance Trip
10:15 Line Dancing
11:00 Canasta
12:00 Lunch
12:30 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

25

7:30 Golf - Riverbend
8:30 Ceramics
8:30 Pottery Lab
9:00 NIA
12:00 Lunch



31

WEDNESDAY	THURSDAY	FRIDAY
9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge <div>5</div>	8:30 Ceramics 8:30 Patio Breakfast 9:00 Aerobics 9:00 Bone Density Testing 10:00 Blood Pressure Glucose 12:00 Lunch 12:45 Red Hatters-BONKO 1:00 Square Dancing 2:00 Strength Conditioning <div>6</div>	9:30 Yoga 10:30 Brown Bag 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play <div>7</div>
9:00 NIA 9:30 Pinochle/Comp. lab 10:00 Tooele Breakfast Trip 10:00 Pulmonary Screening 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 12:30 Safe Driver Class 1:00 Bridge 1:30 HUGS 2:00 Spiritual Cinema <div>12</div>	8:30 Ceramics 8:30 Patio Breakfast 9:00 Aerobics 9:00 Manicures 10:00 Blood Pressure Glucose 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning <div>13</div>	9:30 Yoga 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play <div>14</div>
9:00 NIA 9:00 Logan Opera Trip 9:30 Pinochle 9:30 Computer Lab 10:15 Yoga 11:00 Attorney 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge 2:00 Spiritual Cinema <div>19</div>	8:30 Ceramics 8:30 Patio Breakfast 9:00 Blood Testing 9:00 Aerobics 10:00 Blood Pressure/Glucose 12:00 Lunch 12:45 Red Hatters-Hand & Foot 1:00 Square Dancing 2:00 Strength Conditioning <div>20</div>	9:30 Yoga 10:30 Brown Bag 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play <div>21</div>
9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge <div>26</div>	8:30 Ceramics 8:30 Patio Breakfast 9:00 Aerobics 9:00 Manicures 10:00 Blood Pressure/Glucose 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning <div>27</div>	9:30 Yoga 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play <div>28</div>
<div>Newsletter</div>		<div>9</div>

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Mon/Tues/Thurs. - 8:30-12:00

Ceramics

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

Tuesday 9:30-11:30

Water Color Lab

Table-top easels will be available for those who wish to use them during the lab.

There is no cost for the lab which will run continuously as long as there is interest in this format. Drop by any Tuesday □

Wednesday, July 12 - 2:00

Spiritual Cinema

Wednesday, July 12 at 2:00 the Center will be showing a full length film that will inspire, educate, heal and transform your life. Following the film, Samadhi Ishaya, a member of the International Society of the Ascension will lead the group in a discussion on the spiritual elements of the film. July's movie will be "Wild Parrots of Telegraph Hill." This is the true story of Mark Bittner, a homeless street musician, and his remarkable relationship with a flock of wild parrots. 83min. □

Pottery Class

Instruction in the techniques of creating functional and decorative pieces of pottery and clay art will be presented by George Fenstermacher, Heritage Center staff member and proprietor of St. George Pottery and Back Yard Pottery Studios.

Class will be held **Thursdays 1:00-3:00** starting **August 10** and continuing for 8 weeks.

Wheel throwing techniques include wedging, centering, throwing, trimming, decorating, glazing and firing of pieces such as mugs, tumblers, bowls, plates, pitchers, covered containers, and novelty items.

Hand built projects include pinch & coiled pots, slab techniques of slump molding, hump shaping, object wrapping to include candy dishes, wall hangings, sconces, bowls, mugs, and others along with skills in texturizing, decorating, glazing, and firing.

Contents of the class will include instruction, 30 minutes of wheel time each class period, open lab hours on Friday from 8:30 to 11:30am, bisque and glaze firings of all projects, use of the Center's pottery wheels, and 50 pounds of cone five studio clay.

Fees for this class are **\$35** and must be paid at the time of registration. Each student should have a basic clay throwing/building kit (**\$15**) which may be purchased at the time of registration. It will be most convenient if each student has a personal kit, but two students may share one kit if desired. A course syllabus will be provided.

Class size is limited to 8 students so sign up now and let's get started!

Tues, July 11 & Wed. July 12-12:30

Drivers Safety Class

This unique program for older drivers is eight hours of classroom instruction (12:30-4:30) that redefine existing skills and develop safe, defensive driving techniques. The class will be presented by John Tolson, an instructor for the American Association of Retired Persons. Drivers Safety teaches preventative measures to use when driving that saves lives and to learn about the effects of aging and medications on driving. Some insurance companies provide a premium discount for graduates of Drivers Safety.

Students must attend all 8 hours of class to receive certificate of completion. Sign up and pay \$10 at the front desk. Make checks payable to AARP. □

EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$12 per month or \$2.50 per class

STRETCHING - FREE

Thursday's 10:00-10:30

Becky Clark - instructor

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month or \$10 for repeats

Newcomers must attend the orientation at 1:30 on July 6.

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:15-11:15

Jane Wallace and Lili Field - instructors

Fridays 9:30-10:30

Jamie Pond -instructors

\$15 per month OR \$2.50/class

NIA

Mondays & Wednesdays

9:00 - 10:00

Julie Rider -instructor

\$20 per month or \$3 per class

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Visit 8 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:30

Shirlene Lundskog - instructor

\$1.00 donation per class

NEW CLASSES?

Do you have any requests for exercise classes? Let the front desk know what type of class you would like to see.

Tuesday/Thursday 2:00

Strength Conditioning

If you are interested in building muscular strength, muscular endurance, increasing your balance, or improving your flexibility, come and try strength conditioning. Strength exercise is also recommended for people who have osteoporosis, arthritis, or for those people who are overweight. By building up lean muscle, your metabolism will increase allowing you to burn more calories.

This class utilizes hand and ankle weights to strengthen muscles, increase bone density, as well as improving flexibility and balance. Since your heart can not lift weights to get stronger, it relies on you to do the exercise. Whether a beginner or a long time pro, join us every **Tues/Thurs.** for Strength Training. ☐ ☐

Exercise Class Cancellations

The center is refinishing the hardwood floor on July 3. This means the NIA class will be cancelled on this date.

The center is closed on Tuesday July 4 for the Holiday so there will be no Aerobics that day.

The center is also closed on Monday July 24, no NIA will be held on that day.

Take advantage of the NIA punch pass for July! ☐

What About a Hiking Group?

The center would like to start a hiking group and wants to know who would be interested. Have you always wanted to explore mountain trails, and enjoy the local scenery. If hiking is something you would be interested in doing, please put your name on an interest sheet at the front desk. Please also note whether you are a beginner or an advanced hiker. This program will only run if we get enough interest, so dust off your hiking boots and enjoy some fresh air and good exercise. ☐

Travel with friends...

Center Trips



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Tuesday, July 11 - 8:30

Wendover

Travel to Wendover on **Tuesday July 11**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$15** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip at this time...space is limited..□

Wednesday, July 12 - 10:00

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "Best Breakfast in Utah" and music performed by the Tooele Center's volunteer band. The bus will depart the Center at 10:00 Wednesday, July 12 and return about 1:00. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 19 participants. Sign up now for this trip.

Tuesday, July 25 - 9:30 - Reservations begin on July 5

Sundance Resort

Join the Center on **Tuesday, July 25** for a trip to Sundance Resort. The bus will leave the center at **9:30**. The lift, which takes skiers to the various runs during the winter, will provide a panoramic view of the mountain as you ride to the top of Ray's summit. Breath taking views of Mount Timpanogos and the Sundance Resort will entertain you for the better part of an hour in the open lift chair...sun screen and a hat are recommended. The day includes time to visit the Art Center. The artistic work of past "Artist in Residence" will be on display to look at. Everything from pottery, glass, paintings and more.

Lunch will follow the lift ride. Options for lunch are: a choice of ham, turkey, or roast beef sandwich; **OR**, you may enjoy a light lunch at the Sundance Deli while sitting on the deck outside or up on the mountain side. The deli offers sandwiches, wraps, pastries, and more; **OR**, a more complete selection of lunch items is available at the Foundry Grill where menu items begin at about \$10. After lunch the Sundance General Store will present the opportunity to do a little shopping. The store offers a variety of Native American crafts, clothing, jewelry, and sundance logo items.

The cost of this rewarding outdoor experience is \$15 with the Kneaders Bakery box lunch and cold water provided **OR** \$8 and lunch is left up to your choice at the resort. You may sign up for this trip starting on July 5.

Friday, August 4 - 2:30 / Reservations begin on July 7

Payson for Salmon

It is time for the Payson Salmon Dinner once again. The Center has chartered Le Bus which will be heading for the Payson City Memorial Park at **2:30** on **Friday, August 4**. and return about 6:30. The price for this trip is **\$21**. Registration is required and you may do this starting on **July 7**.

Enjoy fresh salmon grilled over dried fruit wood and served with baked potato, corn on the cob, and more. Plan to spend a beautiful summer day with a friend and enjoy this traditional Payson treat.

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Wednesday, July 19

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, July 19, at 11:00**. Appointments are needed and are made at the front desk. At least three appointments must be made in order to have the attorney come to the Center.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

Wall of Support

The Wall of Support in the courtyard continues to grow. The next group of tiles is scheduled to be installed in the fall. The goal is to run out of wall space, and there's a lot of wall space! The cost for a personalized tile is \$125 for 3 lines of text or \$250 for 6 lines of text. Order forms are available at the front desk.

Tiles make great gifts, are a nice way to honor friends or family, or can be used as a memorial.

Thank you to the family of Doris Collram and Mickey Abrash for purchasing tiles last month.

Brown Bag

Pick up applications at the front desk for the brown bag food program sponsored by the Utah Food Bank. You must be 65+ with annual income less than \$13,470 for single or \$18,180 for couple.

July

Brown Bag Dates

Friday - 11:15

July 7 & 21

Cost goes to \$3 and drinks to .50¢
Lunch Program

The noon meal program fee is increasing to \$3 starting on July 3. Drinks will be available to purchase along with your meal ticket and drinks are .50¢. Takeout meals will be \$3.50 and meals for friends and family **under 55** are \$4.50.

Advance reservations are required and made at least 24 hours in advance (12:30 the day before you want to eat.)

You can help keep costs down by cancelling your reservation in advance if you are unable to attend. Last month we had one day where we had 12 unfilled cancellations and no shows. Your help in canceling in advance is greatly appreciated. □

George's

Heart-Healthy
Breakfast Club

Thursdays

8:30-10am

Each Thursday morning from 8:30 - 10 a menu of heart-healthy items will be prepared for your breakfast enjoyment. Eggbeater omelets, wholewheat pancakes, fruit, and orange juice will be served on the patio by volunteer chefs.

Join George, Ron, Moose, and the Heritage seniors for a weekly low cal, low carb, low fat, and low stress morning. Cost of the breakfast is \$3.00 and coffee and tea will be available at no additional charge. Advanced registration is not required. □

AARP Chapter 402 Summer Picnic

A.A.R.P. Chapter 402 is holding a summer picnic at Murray Park Pavillion #2 on Monday, August 14 at 12:00 noon. Authentic Polynesian food and entertainment will be held. The cost is \$12.50 for members and \$15 for non-members. Tickets are available from AARP Board members. Questions call Pat at 278-2025. Deadline for tickets is August 4. □

VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLUNTEERS

Congratulations for Twenty Years of Volunteer Service!

At the volunteer banquet on June 26, 2006, two special volunteers were honored for working 20 years! Only two other volunteers share this distinguished recognition. Wiss Dunn was honored back in 2000 for 20 years and Bryant Beeny was honored in 2002. The Heritage Center is proud to have two more volunteers who are joining this exclusive club. Congratulations Hilda Harney and Frankie Arata for 20 years of volunteer service!

Hilda Harney started volunteering in 1986, shortly after her husband passed away. Hilda was a shy newcomer to the Center. It took years and the kindness of Center participants, but finally Hilda felt like she belonged and had a purpose in life again. It was because of this new found attitude that Hilda began volunteering at the Center.

Hilda has volunteered in a variety of jobs during the past 20 years. She has volunteered for countless special events, assisted with compiling the newsletter, participated in the gong show, funny fashion show, and many skits including wearing a baby costume to be the New Year's baby at a New Year's Eve party. She has spend most of her time working with the meal program where she served meals, took tickets, and cleaned the dining room tables for many years. Hilda received an award in 1998 for working over 3,000 hours of service and it is estimated that as of 2006 she has worked over 7,200 hours.

According to Hilda the best reward is getting to meet new people, and helping them get involved in the Center. Hilda will always remember the special friends she has met at the Center including Clark Cushing. Thank you Hilda for all of your many years of dedicated service.

The second volunteer to join this exclusive group is Frankie Arata. Frankie has spent fifteen of her twenty years of volunteer work in the Kitchen as a server. She has worked with five different cooks including Pearl Wade who was the first cook hired back in 1981. Frankie found a new volunteer job in 2001 when she gave up the kitchen work to assist with the Friday Brown Bag food program. This is a program offered through the Utah Food Bank to help individuals in need by providing an extra bag of groceries. Frankie helps separate and hand out the food bags. We can count on Frankie to be here each month on Friday to assist a small group of volunteers with this popular program.

Frankie loves to play cards; not only is she a regular pinochle player, but she has been a volunteer "dealer" dealing 21 at the Center's casino parties for the past 20 years.

Frankie loves to gamble, and is a regular on the Center trips to Wendover. She also enjoys the friendly competition of the Center's bingo games.

When asked why Frankie continues to volunteer for the Center, she replied "I like the people so well, that I feel I owe it to them to keep going." Frankie has moved away to Salt Lake City, but continues to come back to the Murray center. Other centers are much closer to her home, but her friends and the familiarity are here at the Heritage Center. Thank you Frankie for all of your hard work for the past 20 years.□

Meet Samadhi

The Center's newest volunteer is Samadhi Ishaya. If you have attended the Center's Spiritual Cinema, or have been to a square dance class, you may have already met her. Samadhi received her Ph.D. in psychology from USC, is a licensed psychotherapist, and an NGH certified hypnotherapist.

Dr. Samadhi has served as an educator for childcare providers, social service workers, nurses, and teachers. She has been published in numerous professional journals and spoken at national and regional conventions.

As a 25 year student of A Course In Miracles, Dr. Samadhi brings spirituality into all her professional endeavors. In 1996 she became an Ishaya monk. It is the desire of the Ishayas to help bring peace to the world through the development of inner peace.

The idea of inner peace is what inspired the Center's new class: Doorways To Peace. This class is all about stress relief. Everyone has some worry or stress in their lives. You do not need to be a believer in Eastern philosophies or have any religious affiliation to use the techniques this class will teach you.

If you are interested in creating peace in your life, and therefore better health, the Doorways To Peace class will start this fall with Samadhi as the instructor. Look for more information in next month's news letter.□

Wanted ... Bus Driver

Lowell Hart, the Center Bus driver will be retiring the end of August. He will be greatly missed as the Center driver but he will still keep coming to Center to stay in touch with friends. The position requires a CDL with a passenger endorsement and is approximately 10 hours per week of driving. Regular days are Wednesday and Friday from 9:30-11:15 and 2:00-3:45 plus the possibility of driving once a week for a scheduled trip. Applications are available at the front desk or Murray City Hall.

Entertainment throughout the summer!

Arts in the Park

Sponsored by Murray Arts Advisory Board and Murray Parks and Recreation, Arts in the Park is located at the Murray Park Amphitheater. Parking is located at 495 E. 5300 S. For complete information call 264-2614.

Murray Symphony Pops

Sat, July 1 - 8 pm. \$5 Adults, \$3 Children/Seniors. The 70 piece Murray Symphony presents an evening of easy listening from Broadway and movie themes.

Ballet Under the Stars, Produced by Ballet Center in Murray July 14-15 - 8:30 pm. \$7 Adults, \$5 Children/Seniors/ From classical to contemporary choreography, this concert is a popular performance.

Joseph and the Amazing Technicolor Dreamcoat, Produced by Murray Arts Council. July 27-29, 31, Aug 1-2 - 8 pm. \$8 Adults, \$6 Children/Seniors. The popular musical version of the well-known Bible story will return to the amphitheater stage for the third time.

Murray Concert Band, Sat, Aug 5 - 8 pm. \$5 Adults, \$3 Children/Seniors. Celebrating their 20th anniversary, this 50 piece band will perform a wide range of music.

The **lunch concert series** are free and are located in Murray Park Pavillion #5 on Tuesdays. July 11 - *Byron's Basement Band*, July 18 - *Tales from the Traveling Tellers*, July 25 - *Fabulous 50's*, August 1 - *Teresa Ellis, Shades of Grey*.

The **afternoon entertainment** series are free and are located in the Murray Park Gazebo every Friday at 2:00. July 7 - Crawford School of Irish Dance, July 14 - Rainbow Factory, Folk, July 21 - Tikki, Tikki, Tembo, Theatrical Storytelling, July 28 - Rabbit and Coyote Stories - Puppetry, August 4 - Horton Hears a Who, Music, Mime, and Narration.

The **family concert** series are free and are located at the Heritage Center. July 10 - Polynesia South Pacific, August 14 - Roots of American Music.

JULY 2006

Heritage Center Menu

Make reservations by 12:30 the day before by calling **264-2635**

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for persons 55+. Drinks are available for \$.50. For persons under 55 cost is \$4.50.

Monday	Tuesday	Wednesday	Thursday	Friday
SALMON Boiled Potatoes Mixed Veg. Cookies Or Pineapple	4 TH OF JULY Center Closed	SALISBURY STEAK Mashed Potatoes Peas, Roll Lemon Cake Or Mixed Fruit	TACO SALAD Watermelon Coconut Pie Or Pears	SWEET'N SOUR PORK Rice, Roll Mixed Vegetables Banana Cream Pie Or Pineapple
No Lunch FAMILY NIGHT Dinner 5:30-6:45 Polynesia South Pacific at 7:00	LASAGNA Tossed Salad French Bread Pudding Or Peaches	LEMON CHICKEN Rice Broccoli Roll Cherry Cake Or Pears	ROAST BEEF Mashed Potatoes w/gravy Green Beans Roll Lemon Squares Or Apricots	SHRIMP SALAD Roll Cheese Cake Or Apricots
SHEPHERD PIE Roll Yellow Cake Or Pears	BBQ BEEF SANDWICH Potato Salad Watermelon Upside-Down-Pineapple Cake Or Mixed Fruit	SPAGHETTI Green Salad Bread Stick Jello Salad Or Peaches	TURKEY SANDWICH Greek Salad Chips Apple Pie Or Peaches	PARMESAN CHICKEN Pasta, Roll Cauliflower Chocolate Cake Or Pears
24 TH OF JULY Center Closed	BRATWURST Roast Potatoes & Peppers Strawberry Cake Or Mixed Fruit	BBQ CHICKEN 1/2 Baked Potato Coleslaw Cream Puffs Or Pineapple	STUFFED PEPPERS Cucumber Salad Roll Ice-Cream Or Pineapple	MEATBALLS Noodles Carrots Roll Ice Cream Cake Or Mixed Fruit
PIZZA Fruit Bowl Fruit Cake Or Peaches				